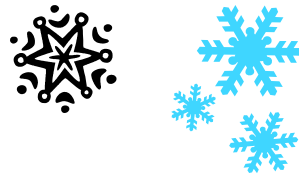


Fit~N~Fun!

WINTERTIME FUN!

Hibernate? No way, children are happiest when they are active and one of the easiest ways for them to be active is to go outside. Dress them up warmly and let them play! Enjoy the fresh air and sunshine.



Snow Time Activities

- * Take a walk in the snow, and meet friends at a nearby park.
- * Build a snow fort, make snow angels, or build family snow people.
- * Go sledding or ice skating.
- * Help shovel.
- * Play “Fox and Geese”.

Have fun and be active!!!

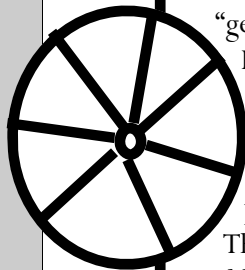
Fox and Geese:

Stamp down the snow into a large wagon wheel (see picture). The fox starts in the middle of the circle and the “geese” on the outside of the circle.

Players can run on the spoke or on the outside circle. The geese try to make it to the middle of the wheel.

The fox tries to tag the geese and protect the middle of the wheel.

The first goose to make it to the middle gets to be the fox for the next round. If the fox tags all of the geese, that player gets to be the fox again.



**Fun at WIC!!! Ask the WIC Staff about
“Fit~N~Fun” Playgroups at your WIC Agency!**

To make going outside easier, follow these tips:

- * Gather outside clothing in one place near the door so that it will be easier to get outside. Give each child a box, basket or bin for their mittens, scarves, and hats. Have hooks for jackets and snow pants. Teach your child to take off and put away their outdoor wear in their special place.
- * Put a mat or piece of cardboard on the floor to catch melting snow.
- * Use sunscreen for exposed faces even in the winter.
- * Do a bathroom visit before suiting up!



Too cold outside? How about some indoor fun?

Try some of the following ideas to keep your children active when it’s too cold, snowing or wet outside:

* Obstacle Course

Create an obstacle course that children can climb over, under, around and through- using chairs, pillows, cardboard, etc.

* Turn Up the Music and Dance

Try freeze dancing where you turn off the music and have children hold their positions in place.

* Creative Movement

Ask children the following questions: How would you move to describe a sizzle? A splash? A hammer? How would you walk on ice? Hot sand? In a strong wind? Can you move like a duck? A horse? A dragon?

Make up a favorite activity just for you and your family. It can be something that’s a tradition when everyone is stuck indoors. Your children will always remember it.

Remember to limit time spent watching television or movies and playing video games.